



#### Happy Canada Day, Winnipeg!

There won't be a print edition of Metro for our nation's birthday, but we'll be back at it again on Wednesday.



DUTCHMAN ARJEN ROBBEN'S ATTEMPT TO WIN A PENALTY DOESN'T SIT WELL WITH MEXICAN FANS



High winds toppled this tree onto a car parked in a parking lot behind an apartment block on River Avenue early Sunday. Manitoba Hydro said the storm left thousands of customers without power. SHANE GIBSON/METRO

# Pollution be gone!

System testing is underway in an effort to remove pollutants from the Lake Winnipeg watershed.

## Forks plan unveiled

A wide, tree-lined pedestrian promenade along Waterfront Drive is just one of the projects awaiting this piece of land. PAGE3

#### All hail the Dome and its well-rounded wisdom ...

Actor says Big Jim will have a 'come to Dome' moment PAGES

#### Bank of Mom & Dad

It's only a matter of time before someone hands your child a credit card. Teach your kids the tools they need to deal with life in plastic. PAGETO

# Wet, windy weekend fells trees, crushes cars

#### Perfect storm.

Manitoba Hydro brings in extra staff to restore power for thousands



SHANE GIBSON

The potential severe thunderstorm never happened, but a more standard storm nonetheless damaged cars and flooded streets and basements on Saturday, continuing into Sunday.

Concordia Avenue provided just one example. A heavy downpour Saturday afternoon caught several drivers off guard, and they tried to drive through the street's massive puddles. Multiple cars were flooded out and ended up having to be pushed into parking lots.

Overnight, trees fell and damaged cars, including broken windshields on Wilmot Place and a vehicle crushed by a massive tree in a parking lot on River Avenue.

"I heard a big crash ... it sounded like a car hitting something," said Douglas Highway, who heard the tree come crashing down on top of a small Toyota at the River Avenue block from his apartment next door around 4:30 a.m. "The tree just snapped ... I'm glad no one was hurt."

The weather kept crews from Manitoba Hydro busy across Winnipeg all day. Spokesman Scott Powell told Metro weather knocked out power for about 2,700 customers in Fort Garry and River East around 3 a.m. Sunday.

"The high winds are really wreaking havoc with trees and some of the larger lines that start to gallop in the wind," he said, noting crews had the power back on for those first affected by early morning Sunday, but more bad weather later in the day kept them scrambling from job to job.

"It's a very fluid situation so, as soon as we're restoring some, there's a potential for additional outages due to weather"

The Winnipeg Airport Authority sent out a notice on Sunday that flights were cancelled or delayed due to the wind

Environment Canada was calling for more heavy winds on Sunday leading into Monday. Canada Day looks to be a cool one, with more showers and a high of 15 C.

NEWS metronet Monday,

#### YOUR TEAM'S OUT? YOUR HEART WILL GO ON



WHAT'S GOOD
Ace Burpee
winnipeg@metronews.ca

To all my Portuguese, Italian and Chilean friends; to those of you who, like me, were cheering with blind faith for the English like we always do; to those of you who thought that this was the year Croatia would shock the world, or that Bosnia and Herzegovina would be on the lips of every soccer fan the world over; to those of you with family still in Spain, Ghana or Honduras ... and to each and every one of you without a team left in the World Cup: At least we are lucky enough to have something to care about. We're lucky that something can mean enough to us that we can still feel what we feel. The anticipation, the moments of joy, the stress ... are all a great distraction from real life.

Yes, it hurts when it becomes clear that this is not our year, but there is honour in putting yourself out there. One day perhaps your loyalty will be rewarded. For some of us it may never come, but at least we know we didn't bail.

We're all going to lose loved ones over our lives. It's sad, yes, but how fortunate we were to have had someone to love.

Soccer might not be real life, but loyalty, caring, passion and dealing with loss are transferable skills. Never change. ACE BURPEE IS A LOCAL WRITER, RADIO SHOW HOST, PRODUCER AND SUPPORTER OF ALL THINGS GOOD

# Lake Winnipeg. System testing for pollution removal underway

A Manitoba city is testing out two systems to take out polluting nutrients from the Lake Winnipeg watershed.

One by Ostara Nutrient Recovery Technologies recovers up to 85 per cent of the phosphorus and 25 per cent of nitrogen out of Portage la Prairie's waste water and converts it into non-water-soluble fertilizer.

The other project, by Veolia

Water, takes out a large amount of nitrogen and uses bacteria to digest it and turn it into fertilizer. Both projects are being tested for six months at a cost of \$200,000.

Ostara said Portage La Prairie can sell the fertilizer and use it as way to cover operating costs of the waste water treatment facility.

CTV WINNIPEG/THE CANADIAN PRESS

# Pallister. Tory leader says fight over sales tax increase will continue

Manitoba Opposition Leader Brian Pallister says he will continue to fight the government's sales tax increase, despite opinion polls that suggest the battle is not winning over many voters.

Pallister said he'd rather be respected than popular and added the tax hike is hurting families across the province.

Recent opinion polls suggest

the NDP government's popularity has dropped sharply since the sales tax jumped to eight per cent from seven last summer. But the government's losses have gone mostly to the Liberals or the undecided camp.

Tory support in a Probe Research poll this week was pegged at 45 per cent — they won 43.5 per cent in the 2011 election. THE CANDIAN PRESS

# **Bring back executive secretariat: Steeves**

#### 'Good go-between.'

Former councillor unveils 'accountable governance' platform



BERNICE PONTANILLA bernice.pontanilla@metronews.ca

City hall must have a clear line between the administrative and political sides, mayoral candidate and former councillor Gord Steeves said Friday.

Steeves unveiled his "accountable governance" platform at city hall, including promises that, if elected, he will serve only two terms and would declare, on the floor of council, any political affiliations

He'd also re-establish the executive policy secretariat, which he believes would pro-

vide the "buffer" needed between the public service and elected representatives.

"I always thought the secretariat was a good go-between and a buffer between the political side, the administrative side," said Steeves, who voted against eliminating the secretariat years ago.

"The reason I voted against it at that time was because I was worried that there would get to be too much closeness between elected politicians and administration."

Friday's platform release was the first media event for Steeves in several weeks, but he said his heart is in the campaign.

"We are still four months away from people going to the ballot box," he said, adding he has released his "main five planks" and his team has spent the past seven weeks developing the policy for each.





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NEWS
03



# Plans unveiled for The Forks' Parcel 4 and Rail Side lands

#### Feedback received.

Document will be presented at July 7 city committee meeting



The long-awaited plans for a piece of land at The Forks that nearly became a water park were made public on Friday.

Among the concepts for the 12 acres known as Parcel 4 and Rail Side are public amenities, such as new parks, plazas, and visitor parking.

In addition, there are plans for a wide, tree-lined pedestrian promenade along Waterfront Drive to the Exchange District with shops, cafés and public spaces along the way.

"The lands around The Forks are incredibly important to Winnipeg," said Coun. Mike Pagtakhan (Point Douglas), chair of the downtown development committee, in a press release.

"Citizens and visitors feel a connection to this national destination, where people have been meeting for thousands of years. The creation of The Forks was born out of public consultation, and it is fitting that tradition be maintained to ensure future development celebrates and honours what the public envisions."

Currently, the land is being used as a surface parking lot.

The Rail Side and Parcel 4 Planning Initiative, which received financial support from the City of Winnipeg and the Province of Manitoba, is the culmination of a consultative process undertaken by The Forks Renewal Corporation that began in April of last year.

Jim August, CEO of The Forks North Portage, said the concept plan "highlights the feedback we've received from our consultations and provides a guiding document that allows us to begin a more detailed dialogue as we move into the next phase of consultations."

The plan will officially be presented to the downtown development committee during its July 7 meeting.

After that, citizens will have an opportunity to provide their own feedback online and during an open house later in July.

# Cadets' bike unit to cover city, interact with citizens

Cadets will be more visible all across the city this summer with the Winnipeg police's introduction of a bike patrol unit.

Sixteen of the auxiliary force cadets were given specialized training and will be seen cycling around town.

Patrol Sgt. Rob Tighe said the role of the cadets on bike is the same as if they were on foot patrol: They're there to serve the public.

"They're basically an extension of the police, so if there's an issue in the community and (someone) wants to come up and chat with the cadets, talk about any problems in a certain area, then we can deploy more units to that area," he said.

Face time

Police spokesperson Const. Jason Michalyshen said the bike patrol gives police the ability to cover more areas, including riverbanks and parks, as well as being "face-to-face with the public."

"It's a great way to find out where the problems are, because a lot of the time people see problems, they have issues, but they don't report them. This way the cadets will be out there more, dealing with the public."

Tighe said these cadets

will have the bonus of providing feedback to the city on bike routes and concerns raised by the cycling community.

"The course they took ... was a three-day course, and it encompassed throughout the whole city, so they were biking throughout the whole city, putting lots of miles on a day," he said, adding the bike patrols got to know the active transportation network.

"If they see any problems, anything to do with the bike paths, maybe something that would cause a hazard, then they can report it back to us and we'll let the proper people know to fix that up."

BERNICE PONTANILLAMETRO





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# Building cave-ins in India kill at least 22

Weekend tragedies. Dozens still trapped after two structures fall; police investigating construction company

Police in southern India detained five construction company officials Sunday, as rescuers using gas cutters and shovels searched for dozens of workers believed buried in the rubble of a building that collapsed during monsoon rains.

It was one of two weekend building collapses that killed at least 22 people. Nearly 90 contract work-

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News worth sharing.

Nearly 90 contract workers were believed to have been in the basement of the 11-storey structure to collect their wages when it collapsed Saturday on the outskirts of Chennai, the capital of Tamil Nadu state.

Police said 31 had been pulled out so far; four died on the spot and another seven succumbed to injuries in a hospital

The exact number of those trapped was unknown but rescuers could hear feeble voices in the debris, said T.S. Sridhar, the disaster management agency commissioner. Officials used gas cutters, iron rods and shovels after cranes lifted concrete blocks to get to the survivors.

"Removing debris is a major challenge. It may take two to three days to clear the rubble," said S.P. Selvam, who is heading the rescue operation.

Police officer George Fernandes said two directors, two engineers and one super-



#### **Rescue operations & investigations**

"Removing debris is a major challenge. It may take two to three days to clear the rubble."

S.P. Selvam, who is heading the rescue operation.

Police said two directors, two engineers and one supervisor of the construction company were detained for questioning.

visor of the construction company, Prime Sristi, were detained for questioning as authorities began investigating the collapse.

Balaguru, one of the builders (who uses only one name), said the structure collapsed possibly due to the impact of lightning.

"Usually, once the construction gets over we install the equipment to prevent the building from a thunder strike. It was nearing completion," the Press Trust of India news agency quoted Balaguru as saying.

India is notorious for building collapses.

In April last year, 74 people were killed when an eight-story building being constructed illegally in a Mumbai suburb collapsed.

THE ASSOCIATED PRESS

#### Sad record

Earlier Saturday, 11 people died and one survivor was in a hospital after a four-storey, 50-year-old structure toppled in an area of New Delhi inhabited by the poor.

- Most homes in that part of the capital were built without permission, using substandard materials, police said.
- Building collapses are common in India. Lax regulations encourage builders to cut corners, add unauthorized floors or use poor materials.

# **Toronto.** Mayor Rob Ford returns from rehab stint

Toronto Mayor Rob Ford is set to leave rehab Monday, returning to the intense public glare from which he has been relatively absent for two months since he was forced to seek help amid fresh allegations of drinking and drug use.

Ford plans to resume his mayoral duties — curtailed by city council in November following his "drunken stupors" and crack-cocaine admissions — in the afternoon, according to a letter he sent to the city clerk's office.

But with less than four months left in the term, the bulk of the renewed Ford attention will likely be focused on his bid to win another four years in office. His brother, Doug, says the mayor will resume fighting for reelection. THE CANADIAN PRESS



Rob Ford leaving home in May. Now he returns from rehab. THE CANADIAN PRES

## Afghan man expresses regret at leaving Canada

**10 years later.** After then-nine-year-old Djamshid Popal received surgery in Canada, he wanted to return to Afghanistan. Now, he wishes he had stayed

With the benefit of hindsight,

Djamshid Popal — the fragile Afghan child whose life-saving heart procedure in 2004 made headlines across Canada wishes he had never left the country that saved his life.

Ten years after he was flown overseas on Canada Day, eventually landing in an Ottawa hospital, the now-19-year-old Popal suffers constant nosebleeds and struggles to obtain an education in his village outside Kabul.

More concerning, his family routinely receives death threats from suspicious Taliban supporters, all because the boy benefited from Canadian compassion and medical expertise.

Popal, nine at the time, was frail and having difficulty breathing, recalled Maj. Americo Rodrigues, the army doctor from Toronto who initially treated him.

After he was diagnosed at

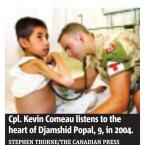
the Children's Hospital of Eastern Ontario in Ottawa, doctors said it appeared that three of the boy's four heart valves had been damaged during a severe bout of rheumatic fever. Popal underwent surgery to repair his heart at Toronto's Hospital for Sick Children.

Once he started to recover, Popal became homesick for his mother Sohaila and other family members, and his father

Shafiullah respected his wishes to go home. The two flew back to Afghanistan in late November of 2004.

Looking back, Popal said he believes life would have been better had he remained in Can-

As he did a decade ago, Popal still dreams of becoming a doctor, but he said his health is making it hard to complete high school. THE CANADIAN PRESS





#### **Johnny Canuck to return?**

A Johnny Canuck splash page is seen amid a pile of Canadian comics. Toronto publisher Rachel Richey has obtained the rights to resurrect the Canadian character, who has appeared intermittently since the 19th century. Scan the photo with your Metro News app for a glimpse of the old comics. DARREN CALABRESE/THE CANADIAN PRESS

#### \$20K for everyone?

#### Interest in minimum income sees resurgence

A group of academics and activists is trying to drum up interest in an ambitious plan to provide every Canadian with a guaranteed minimum level of income — whether or not they have a job.

Rob Rainer, a campaign director for the Basic Income Canada Network, envisions a country where everyone is assured a minimum of \$20,000 annually to make ends meet.

"For many of us, we think the goal is ... no one should be living in poverty," Rainer said at a conference over the weekend at McGill University.

More than 100 speakers and participants were on hand for the conference, which focused on the merits of a guaranteed minimum income that would either replace or exist alongside existing social programs.

The idea is hardly newthe Canadian and Manitoba government conducted an experiment with the issue in the 1970s — but it has enjoyed a resurgence lately.

In the United States, the idea has supporters on both sides of the political spectrum. Proponents on the left argue it represents an opportunity for greater redistribution of wealth, while those on the right see it as a chance to cut back on bureaucracy and return control to people's lives. THE CANADIAN PRESS



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# Loose-lip leader can sink stock



Top leaders are kind of important when billions of shareholder dollars are at stake. Lululemon shareholders are keenly aware of the impact a leader can have.

The company's stock has nosedived more than 50 per cent since founder and resident loose cannon, Chip Wilson, said the company's infamously sheer yoga pants fell apart because some women's thighs were too large.

Abercrombie and Fitch CEO Mike Jeffries also had a case of foot-in-mouth when an interview recorded in 2006 resurfaced last year. "A lot of people don't belong (in our clothes)," he said, "and they can't belong. Are we exclusionary? Absolutely."

And the stock absolutely plummeted from just over \$50 US to under \$32.

It isn't always gaffes from those in the corner office that skewer a company's price. Apple is perhaps the most famous example of the impact a departed leader can have.

After the legendary Steve Jobs died in October 2011, Apple stock continued to drift upward. But the honeymoon period for successor Tim Cook ended a year later.

Investors worried that he didn't have Jobs' innovation gene and the stock price quickly went south. It dropped from \$100 (accounting for the recent seven-forone stock split) to under \$60 in just 10 months.

#### What investors say:

- 32 per cent base their decision to invest on their perception of the CEO
- 40 per cent would sell stock based solely on a

new CEO

 15 per cent would buy stock based solely on a new CEO

FTI CONSULTING SURVEY 2011

At the other end of the spectrum is Hunter Harrison. When the 11-year veteran of CN stepped into the CEO slot of underperforming rival CP Rail in 2012, the celebration began. The stock went from flatlining in the low \$50 range

But investors can be forgiving of blunders. Wilson, a majority shareholder at Lululemon, caused the stock to inch up three per cent last week by retaining Goldman Sachs to consult on a company shakeup.

Even more dramatically, American Apparel shares jumped 15 per cent last week when recently ousted founder Dov Charney vowed to re-take company control.

But this increase is hard to understand given that Charney's blunders dropped the company from a \$4 stock to a 50-cent one over the past six years.



Lululemon Athletica founder Chip Wilson arrives for the company's annual general meeting in Vancouver on June 11. JONATHAN HAYWARD/THE CANADIAN PRES

## Walmart to pay up, court rules



Pierre Martineau, left, and Patrice Bergeron, two of the Wal-Mart workers who initiated the unionization, stand in front of their workplace, on Sept. 28, 2004 in Jonquiere, Que. JACQUES BOISSINOT/THE CANADIAN PRESS

The Supreme Court of Canada has ruled in favour of Quebec workers who lost their jobs at a Wal-Mart store in Jonquiere, Que., after it suddenly shut its doors months after its employees unionized.

The court ordered that the workers be compensated.

The country's highest court ruled in a five-to-two decision that the retail giant modified working conditions for the employees without a valid reason when it shut down the store in February 2005.

The ruling ends nearly a decade of legal battles between the corporate giant and the 190 employees who lost their jobs.

The court said an arbitrator will determine appropriate reparations, possibly with damages and interest.

Friday's judgment stems from a complaint filed by the union against Walmart that alleged the enterprise had modified working conditions by eliminating their jobs.

THE CANADIAN PRESS

#### CRTC

#### Rogers, Bell clash over local TV

Two of Canada's biggest telecommunications companies are clashing over the future of local television. In submissions to the CRTC, Bell said changes should be made by the regulator to allow local TV stations to be reclassified as "local specialty services." But Rogers says it won't support the plan for the new expenses, which it feels would likely filter down to customers.

THE CANADIAN PRESS

#### Energy

#### Encana sells Bighorn assets

Energy producer Encana has agreed to sell its Bighorn operations in Canada for about \$1.8 billion to another Canadian company, the privately held Jupiter Resources. Encana said Friday the sale includes about 360,000 acres of land in Canada with total net proved reserves of about 1.1 trillion cubic feet equivalent, mostly natural gas. THE CANADIAN PRESS





# STAY OFF THE SIDEWALK, CYCLISTS

As someone who writes frequently about improving bike infrastructure, I often receive comments from readers suggesting that maybe cities should just make it legal for cyclists to use

After all, the sidewalks are sitting there mostly unused, anyway, and it has to be safer to ride there than on the mean streets, right? Wrong. Unless you're five years old, you should almost never ride a bike on the sidewalk. And even if you are five, you should smarten up and get yourself on the road as soon as you can.

There are several reasons why riding on the sidewalk is a bad idea: It's illegal; you're putting pedestrians at risk (they're generally slower); and, perhaps the best reason, it's completely counterproductive.

If you're trying to stay safe, the sidewalk is your worst choice, both in the short-term and the long-term.

Despite the horror stories about riding on the road, studies in



occur mid-block, they happen at driveways and intersections. Since drivers aren't trained to look for fast-moving cyclists along sidewalks — and intersections aren't designed for this interaction the risk of a crash increases significantly.

And in older neighbourhoods, it's virtually impossible for drivers pulling out of back lanes to see bikes coming down a sidewalk. This is why I'm teaching my son — who is five, by the way — to ride on the street instead, where at least he has a chance of being seen.

Sidewalk cycling also undermines efforts to enhance cycling for everyone. By avoiding the road,

you're telling drivers that it belongs solely to them. You're also creating ill will with pedestrians and drivers who know you're not supposed to be riding there. If more cyclists were brave/respon-

#### Who owns the streets?

By avoiding the road you're telling drivers that it belongs solely to them.

sible enough to ride on the road, then drivers would learn to look out for bikes and adapt their behaviour accordingly. Hiding from traffic on the sidewalk does none of that.

Yes, there are occasions where briefly riding a section of sidewalk makes sense, like when a city has failed to make a proper connection between two sections of bike path, or if you're still on training wheels. But this should be the exception, not the rule.

In the end, the real solution to improving cycling safety is for all cities to build complete streets with separate spaces for pedestrians, cyclists and vehicles, and appropriately designed intersections to minimize collisions.

But until that happens, put on your helmet, get on your bikeand stay off the sidewalk.

#### **LOCHIN' IT DOW**



**Colin Fast** 

winnipeg@metronews.ca

#### Monstrous challenge

#### Pedalo-ing up some cash



**ED FOSTER** 

Four friends are bidding to become the first people to sail around the 500-mile northern tip of Scotland by

Metro talks to Ed Foster, founder of the 500-mile Pedalo project.

What is the idea behind the project? It's all about raising money for charity. My father was diagnosed with Parkinson's disease six years ago and, despite him putting on a brave face, it really is an absolutely terrible disease. Last year my friends Tash and Nico lost their mom to lung cancer only two months after diagnosis. It was a massive shock to all

Why choose a pedalo? It's not very leisurely out on the North Sea ... Not at all (laughs). Our pedalo, named Mutly, is in the shape of the Loch Ness monster and that's going to make it tougher due to wind resistance. The challenge is as ridiculous as it is mad, but that's why we love it.

Do your families think you're bonkers? Yes, pretty much.

What have been the main challenges in preparing for this feat? Getting the right pedalo made for it. Pedalos are used on calm lakes as a leisurely way to pass five minutes. No one does missions on pedalos and I have never met a 'pedalo specialist.'

And yet you're taking to the water ... Failure is not an option for us. We will finish the task even if we lose half the boat in a storm.

#### METRO AUGMENTED REALITY

#### SEE THE NEWS COME ALIVE...



**DOWNI OAD** 





In this issue, you can find AR

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#### MetroTube

#### **Plenty of cheers** in city of Algiers



**ANDREW** FIFIELD eld@metronews.ca

It's been a very tough run for Algeria at the past few World Cups, so when the nation officially advanced to this year's round of 16 by playing Russia to a draw, it was time to celebrate. And by that we mean time for the entire city of Algiers to lose its mind and get with the fireworks.

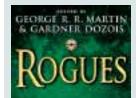
It sure would be nice for Canada to be involved in this little soccer tournament. It looks fun.

(Minaghitart/YouTube)





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Rogues

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MIND THE APP Kris Abel @RealKrisAbel

The savagery which the Game of Thrones series is known for can be traced back to one man, Prince Daemon Targaryen, whose tale is included here amongst a collection of short stories about rogues edited by George R. R. Martin. All the stories are deliciously fun, but it's the inventive scoundrels of Neil Gaiman and Connie Willis who steal the show.

ввс

#### He's coming back! Sherlock to return for Christmas 2015

Martin Freeman, who plays Dr. John Watson on BBC's Sherlock, dropped the first hint of what's to come for the show since its third season aired in January. In an interview with Britain's The Telegraph, he revealed that Sherlock will resume filming early next year — for what will likely be a Christmas 2015 special.

EVA KIS/METRO IN NEW YORK CITY

# Under the Dome gets 'so Stephen King-ian'

**Dean Norris.** Actor dishes on his dastardly character's 'come to God' moment and the Dome as a cruel master



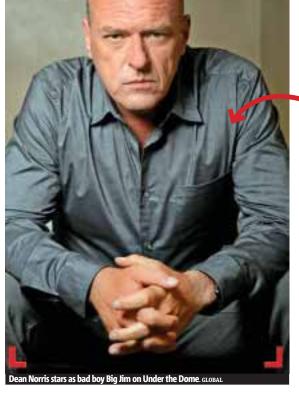
NED EHRBAR

Dean Norris picked one heck of a series as a follow-up to Breaking Bad, taking on the dastardly role of local politico Big Jim on Under the Dome, based on the novel by Stephen King. That choice certainly seems to be working out for him. The series, a smash hit last summer, returns Monday at 10 p.m. ET/PT on Global for another season chronicling the mysteriously cut-off town. Here, Norris lets us in on what to expect this year.

#### Where we find Big Jim at the start of the season:

Big Jim thinks that he knows what's best for the town and he thinks he's inspired by the Dome to do what he does ... What happens in the first episode is that he comes to an awakening and he reevaluates his position and his kind of personal trajectory and decides that maybe a different kind of Big Jim is required to survive under the Dome. Whether that turns out to be truthful or not, that's what we'll find out as the season goes on.

One of the things that Big Jim is trying to deal with is seeing if there is enough food for everybody, if there is



enough water for everybody, what resources are left for us to survive under the Dome. That's definitely one of the themes that we deal with, and Big Jim in particular is looking to try to answer or come up with a solution for.

Whether Big Jim might be

lightening up a little this season: Actually, I think so. I think part of the transformation, the kind of theme we are

the kind of theme we are talking about this year includes some redemption for Big Jim. It's actually in the first episode that he has kind of a "come to God" or "come

#### AUGMENTED REALITY

→ What can fans expect from Season 2 of Under the Dome? Scan this photo with your Metro News app for a video of Stephen King, Dean Norris, Rachelle Lefevre and others talking about what's coming.



→ See the full instructions on Metro's Voices page.

to Dome" moment where he believes that maybe his purpose in life shouldn't be to be so nasty. And that's kind of a story arc that continues throughout the season.

#### The rules of life under the Dome:

The Dome is a harsh master. I think we are discovering what the Dome can and can't do. That's part of the season arc. I think we are all struggling to find out what it means, what its powers are, whether it's good or whether it's bad, whose side it's on.

#### Bringing in Stephen King to write the first new episode:

Can I say something about Stephen King? The first episode is so Stephen King-ian and part of it is that almost in the midst of the kind of most horrifying and tragic elements, there are these little lines that are almost kind of humorous. It was so cool to see that because it's in his books and it was so cool to see it in the script.



June 30th

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#### Shia transforms into angry drunk, gets arrested

Professionally not famous anymore actor Shia LaBeouf hasn't been having a very pleasant time in New York lately. The Transformers star was arrested this weekend after drunkenly causing a scene at a performance of Cabaret, during which he reportedly disrupted the show, shouted at the actors on stage, smoked what some witnesses say was a joint indoors and fell out of his chair, according to Fox News.

When LaBeouf was asked to leave, he refused, reportedly yelling at security, "Do you know who the f—I am?" He was charged with five counts of disorderly conduct, criminal trespass and harassment. LaBeouf also apparently taunted and threatened police officers even after being handcuffed and had to have a face mask put on because he would not stop spitting at the officers. According to Page Six, LaBeouf was also spotted earlier in the evening chasing a man who appeared to be homeless through Times Square demanding he hand over a McDonald's bag. "He really wanted whatever was in that bag. He had so much focus," a witness says. "If there were French fries in the bag maybe he really wanted to eat them." LaBeouf's next court date is set for July 24.

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



#### Ryan Seacrest gets his bod bikini-ready



STARGAZING Malene Arpe scene@metronews.ca

Ryan Seacrest tweets that he's doing something called a Bikini Kleanse and asks his followers not to judge. Dude, there's no judging here. You can do whatever you want with your bikini as long as you buy a dictionary.

Gary Oldman rants against "political correctness" and spews a wide variety of racist, anti-gay and misogynist slurs during a Playboy interview. That's really too bad, and it leaves an unexpected, gaping vacancy on my all-time list of actor crushes. So welcome, guy who plays Hook on Once Upon a Time.

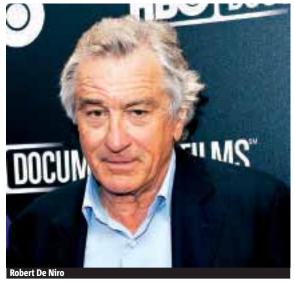
ok on Once Upon a Time. the way Kanye West's communthat mad

ity service for attacking a photographer will be served teaching at a fashion school. Leather Jogging Pants 101 and Yelling for no Reason 102 are already booked solid.

Gordon Ramsay announces he will be making no more Kitchen Nightmares shows. He won't have time, since he promised Kanye to help him out teaching one of those college courses.

While visiting the set of Game of Thrones, the Queen declines a chance to sit on the Iron Throne. She didn't care that it would have been turned into a massive meme or that her entire reign would have been nullified by one pop culture moment. She was just really afraid the tiny magnets sewn into her skirt to prevent lifting would cling to the throne.

One Direction is releasing a cosmetics line. Sigh. All this time I thought it was the way I flipped my hair that made me beautiful.



#### Meet the neighbours: De Niro crashes viewing party

If you're planning on having a World Cup viewing party for any upcoming games, be sure to leave room for Robert De Niro. The Oscar-winning actor reportedly crashed a get-together at an apartment near the Brooklyn set of his new film to watch last week's match between Germany and

the U.S., according to Business Insider. Apparently the movie's studio, Warner Bros., was ready to mount a satellite dish on a nearby building and run a cable down to his trailer if they couldn't find accommodating hosts for De Niro and company, but luckily it didn't come to that. METRO



#### Rick Ross arrested for ditching court

Rapper Rick Ross has been released after his arrest following a U.S. concert.

Greensboro Police Department spokeswoman Susan Danielsen says Ross was taken into custody Friday after the SuperJam concert in Greensboro, N.C. She says a court had issued an order for his arrest because he failed to appear in court on a previous misdemeanour marijuana charge.

The rapper, whose real name is William L. Roberts, was taken into custody after his performance. Danielsen says he was released on \$1,000 US bond. THE ASSOCIATED PRESS



# Give your kids some credit

#### **Bank of Mom & Dad.**

Teaching children as young as 10 how credit works will pay off



VAZ-OXLADE

As a society, we're no damn good at handling credit. Since it's only a matter of time until someone comes and waves a credit card under your kids' noses and says, "Try it, you'll like it," your job is to make sure they're prepared to deal with credit smartly.

Can you imagine walking into a bank and saying, "'Scuse me, but I don't have a job, I've never had credit, may I have a credit card, please?" They'd laugh uproariously at your impudence. Yet every year lenders hand out thousands of credit cards to unsuspecting students who have no visible means of repayment and don't understand the impact of failing Credit Management 101.

Want to change that for your children? As early as 10, start teaching your children how credit works, when to use it, and how to spend only what they can afford.

Íssue your child a credit card on the Bank of Mom & Dad. Have Sonny Boy design the card and draw up a cardholder's agreement that you both sign. In the agreement, lay down the rules: How much credit he can



Life in plastic? It's fantastic if your kid first understands how credit works. ISTOCK

use (the "credit limit"), when his statement will arrive, how much time he has to pay (the "grace period"), and the minimum payment required. Most importantly, describe with examples how much interest your child will have to pay on any balance outstanding.

The point of the exercise is to help kids to learn the reality of credit use. Lesson #1: When you use someone else's money to buy stuff, that stuff costs more. You must charge inter-

Don't come hissing and spitting at me with terms like

"usury" and "profit." I'm not suggesting you build your retirement plan from your child's borrowing. If you want children to experience the true impact of using someone else's money to meet their spending needs then interest must be a part of the equation.

If you teach them it costs nothing more to acquire that scooter than the ticket price, are you really preparing them for the credit cards and personal lines of credit that are in their futures?

How much interest is enough? I suggest you go with 28 per cent a year — like a store card — otherwise the interest is not significant enough for them to feel the pinch and learn the lesson.

Now Sonny Boy can use his credit card when he sees something he wants to buy, but doesn't have any money. He gives you his credit card. You make the purchase on his behalf. You give him a charge slip to sign (a receipt book will do nicely for this). And you return his card and charge slip.

At billing time, you total his charges and present him with a bill that shows the minimum payment and the total outstanding balance. In a perfect world he pays you back in full. More likely, he makes a partial payment and carries a balance and you're in the business of calculating interest.

If you're giving an allowance from time to time, you may be hit up for an advance. This is another opportunity to teach about borrowing. Make sure to charge Baby Doll inter-

What if Baby Doll won't repay the advance? Time for Lesson #2: Inconsistent repayment affects your ability to borrow in the future. Tell her that before you give her another loan, she must offer you some form of collateral. It may be her bike, her telephone or her iPad. Make up a loan agreement and include a paragraph that clearly spells out that if the loan is not repaid on time, you have the right to take whatever collateral she has given you until the loan is repaid.

If Baby Doll consistently

slips off the repayment path, you could withhold a part of her allowance and apply that to the repayment of the loan (like having your wages "garnished"). But then you are removing the responsibility for making the repayment from your child. A better lesson would be to insist upon repayment as soon as you have given the allowance. Create a chart showing how much she owes. Each week, reduce the amount owed so she can see her progress in repaying the loan.

A child who does not repay a loan on time needs to see the consequence of a bad credit history: No more loans. And the child who is constantly borrowing may benefit from having a loan request declined to teach how constant borrowing reduces her ability to repay (and therefore qualify for) yet another loan.

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# Make your home office work for you

#### Home sweet office.

Set up a productive, peaceful work space with these designer tips

#### MONICA WEYMOUTH

Metro in New York C

If you're lucky enough to work from home, you know that no work, in the history of work, has ever been done on the couch. Same goes for the kitchen table. And don't even get us started on the coffee shop: If you're not the fresh-faced, making-it-in-the-city star of a romantic comedy, you have no business working out of a coffee shop.

No, free-roaming friends, you need a proper home office. Whether you're a full-time telecommuter or just dabbling in flexible summer hours, we hit up Philly-based interior designer Mel McDaniel (melmcdanieldesign. com) for tips on setting up a productive, peaceful space.

Designate a space

No bedroom to spare? No problem. It's not crucial that you designate an entire room — just that you designate some room to be used strictly for business. "Closets, nooks, attics — if you need a home office, the space can be found," says McDaniel. "Look carefully: Is there a large closet that could be converted into an office? Is there a part of a room that would work with a space divider?"

#### **Desk direction**

A little feng shui goes a long way when it comes to your desk. "Never put a desk so that the person sitting at it has their back to the door," says McDaniel. "It's very unnerving to work without being able to see the doorway."

#### Light the way

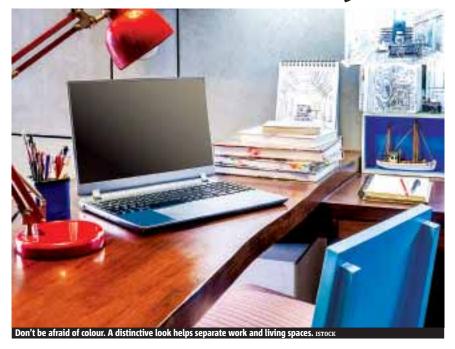
There's nothing less inspiring than cubicle farm fluorescents. If you're working on your own turf, soften things up overhead, then add additional task lighting near your desk. Pro tip: To

Pet-friendly amenities

You can get a sitter (or premium cable) for the kids. But as for cats, well, they lounge where they please. Keep them off your keyboard with the Kitt-In Box, a genius desk extension from The Refined Feline (we've found that it also accommodates small, sleepy dogs).

• \$30 US, therefinedfeline. com

free up space, McDaniel recommends ditching the desk lamp and going for wallmounted fixtures.



#### **Colour theory**

One of the easiest ways to differentiate your office space from your living space is the paint scheme. "Don't be afraid of colour," advises McDaniel. "Branch out from the main colours in your home — it will help create a different feel as you transition from the kitchen into your place of work."

'Round the world wisdom

#### Declaring an end goal adds the push when it comes to shove



LESSONS FROM THE DESERT Stéfan Danis life@metronews.ca

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

"Over my dead body will I not finish this race," was what Toronto's Alison Simpson said to me while semi-conscious and being injected with two 1-litre bags of saline IV to restore some energy to her severely dehydrated body.

As I walked her back to her tent around 8 p.m., all I could do was to offer some encouragement while thinking to myself she was "done." Alison looked in no shape to continue. After completing four marathons in four days, we were facing the dreaded 100-kilometre double marathon the next day.

But the next morning, to our collective amazement, there she was at the starting line — 15 hours away from finishing a slow but steady run to complete the event and keep her promise to herself and anyone who would listen. Looking back on that day, I can say everyone was surprised but Alison: Her declaration was a promise that gave her the will to push through, never considering the alternative.

Alison was part of a group of close to 20 Canadians who had agreed to run the Sahara Race 2011 with me. During training alone, half of our running community had quit, falling victim to the law of diminishing intentions.

Of those who made it to the starting line, two quit on the second day, another on the third. It looked like Alison had plenty of reasons to pull out, too

Each of our colleagues who had given up and watched the race from the sidelines realized they could have completed the event had they not succumbed to their feelings — instead of remaining committed to finish. Of course, none of them had made the pronouncement Alison did.

In multi-day ultramarathons, the level of pain and discomfort is more or less the same for all the athletes. It is what we add to the actual pain, whether we allow it to become "larger than life," that determines if we will push through or not.

Irrespective of the amount of pain Alison was experiencing, to this day I believe she would have crawled 100 kilometres if that's what was necessary to keep her word. Be it in the desert or another of life's obstacles or challenges, it is much easier to push through if we declare our end goals and block the alternatives, no matter how hard it will be to realize them.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER.



# manitoba monday

#### A World of Coffees

Black Pearl Coffee has been locally rousting coffee for over 14 years. Their roasting facility on Dufferin Avenue is fronted by a retail store with more than 20 varieties of coffee to choose from. They also offer a unique and flavourful fund raising program for schools, teams and organizations.

#### A Better Brew

BUYING: Generally coffee is best a day or two after roasting, and if kept in an air-tight container, flavour should not diminish significantly until after seven to ten

GRINDING: Never grind more coffee than you will use for immediate browing. Once the beans are ground, the flavourful oils are exposed to the damaging air. As these oils dissipate, so will the flavour of your coffee.

STORAGE: Avoid storing coffee in the refrigerator. Coffee will absorb flavors and aromas from other food products in your refrigerator.

DOSAGE: When making browed coffee, allow 2 to 2 1/2 level tablespoons for each 6 ounces of water (3 tablespoons for 8 ounces).

FRENCH PRESS: You will want to grind or have your coffee ground to a very coarse consistency for this method. If your grind is too fine, you will over extract your coffee and a bitter flavor may result.

For more tips, visit blackpearlcoffee.ca!

Photo Credit: 500 Acre Woods Photography



www.buymanitobafoods.ca



# Make basil pesto green with envy with olive-parsley alternative



**ROSE REISMAN** ollow her on twitter

#### H FOOD



From your fridge to your table in 30 minutes or less

This delicious olive pesto goes so well with a perfectly cooked cut of beef.

The key to the best flavour and texture with flank steak is to marinate it and don't forget to cut it across the grain.

You can marinate this with a bottled light Italian dressing or use olive oil, lemon juice (or vinegar) and herbs.

Flank steak is one of the leanest cuts of beef you can buy. It's best to cook it medium to medium-rare for the best flavour and texture. Use a meat thermometer and remove from heat when internal temperature reaches 130 F, which would yield medium-rare.

The olive-parsley pesto that you'll top the steak with has a unique taste compared to regular basil pesto.

I prefer parsley as it's less expensive and keeps its colour when chopped.

Marinate the steak for up to 2 days in advance if desired. Make the pesto early in the day. Cook the steak just before eat-

#### **Directions**

1. To make the olive parsley pesto: In a food processor, add

#### Olive Parsley Pesto

- 1 cup well-packed parsley leaves
- 3 tbsp olive oil
- 1 clove garlic
- 1/4 cup toasted pine nuts or almonds
- 1/4 cup grated Parmesan cheese (1 oz/30 a)
- 1/4 cup pitted green olives
- 2 tbsp lemon juice • 2 tbsp water
- 1 1/2 lb flank steak



the parsley, oil, garlic, nuts, cheese, olives and lemon juice. Purée until smooth. If too thick, add the water. Set aside.

2. Grill or sauté steak on medium heat 5 to 8 minutes per side or until done to preference. Let rest for 10 minutes, then slice thinly across the grain. Serve with the pesto. THE BEST OF ROSE REISMAN (WHITE-CAP BOOKS) BY ROSE REISMAN

#### **Nutritional information**

#### Per serving

- Calories. 481
- Carbohydrates. 2.9 g
- Fibre. 0.6 g
- Protein. 42.5 g
- Total fat. 28.1 g
- Saturated fat. 9.4 q
- Cholesterol. 120 mg
- Sodium. 380 mg

metronews.ca Monday, June 30, 2014

#### Wimbledon

#### Top male players advance to fourth round, top women out

The so-called "Big 4" men who have won 35 of 37 of the past Grand Slam singles titles — Novak Djokovic, Rafael Nadal, Andy Murray and Roger Federer — are all around for the second week at Wimbledon, joined by the new major winner on the block, Australian Open champion Stan Wawrinka.

With Serena Williams out of singles and secondseeded Li Na also a thirdround loser, it marks the first time in the Open era that the top two women's seeds haven't advanced to Wimbledon's fourth round. THE ASSOCIATED PRESS

#### MLB

#### Jays downed 4-0 by Sox in third straight loss

Even the pinch-hit return of Jose Bautista could not help the Toronto Blue Jays.

The all-star right-fielder appeared in his first game in a week, pinch hitting in the sixth inning but grounding in to a force out on Sunday as the Chicago White Sox defeated the Blue Jays 4-0, Toronto's third loss in a row.

"Hopefully, Bautista's back in here the next couple of games to give us kind of a jolt in the lineup," said Blue Jays left-hander Mark Buehrle who took the loss despite holding the White Sox to two runs in eight innings.



Saskatchewan Roughriders tackle Xavier Fulton, left, provides a block for running back Anthony Allen against Hamilton Tiger-Cats linebacker Simoni Lawrence during the second quarter of CFL football action in Regina on Sunday. LIAM RICHARDS/THE CANADIAN PRESS

# Champs pick up where they left off

#### Starting with a bang.

Allen leads Roughriders to lopsided win over Ticats to begin season

Anthony Allen rushed for 155 yards and scored two touchdowns to pace the Saskatchewan Roughriders' new-look offence in a 31-10 victory over the visiting Hamilton Tiger-Cats on Sunday.

In front of just 19,285 spectators on a rainy and windy day at Mosaic Stadium, quarterback Darian Durant Week 1

31 10

Roughriders Tiger-Cats

looked sharp from the opening snap. He led the Riders on scoring drives on three of their first four possessions.

Saskatchewan starts the 2014 CFL season 1-0 and will visit the Toronto Argonauts (0-1) in Week 2. Hamilton (0-1) will travel to Edmonton next week to face the Eskimos (1-0).

Chris Milo opened the scoring with a 35-yard field goal on the Riders' first possession. Allen scored his first touchdown on a two-yard reception from Durant the next time the Riders offence had the ball.

Allen's second touchdown came early in the second quarter, a one-yard plunge, and gave the defending Grey Cup champs a 19-0 lead.

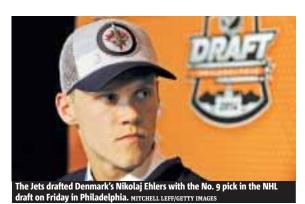
The Riders led 24-1 at the half and racked up 196 yards on offence, compared to Hamilton's 80 yards

The halftime break didn't slow the Riders. Durant marched the offence 79 yards and punctuated that drive with a 10-yard touchdown pass to Brett Swain, one of eight different receivers to catch a pass from Durant.

Durant finished the day 14for-21 passing for 132 yards and two touchdowns.

Tiger-Cats quarterback Zach Collaros was 16-for-30 for 130 yards and a TD. The Riders defence sacked him 10 times, including two apiece from John Chick and Derek Walker. Ricky Foley had three sacks. THE CANADIAN PRESS

## From Danish soccer grass to Canadian ice



Nikolaj Ehlers is a two-sport star who credits his time on the soccer pitch with helping his game on the ice.

Ehlers, who played for Denmark's national soccer team until he was 14 before concentrating on hockey, was selected by the Winnipeg Jets with the ninth overall pick in the NHL draft on Friday night.

The five-foot-10, 176-pound forward was fourth in the Quebec Major Junior Hockey League with 104 points (49-55) in 63 games with the Halifax Mooseheads this past season.

He feels that his soccer skills have helped him develop more speed on the ice, one of the key elements of his game.

"I think I'm a fast forward," he said. "I think I have a lot of speed I can use on the wing. I like to set up some nice plays and I like to score some goals."

Ehlers was the first player from the QMJHL to be selected in the 2014 draft. The 18-year-old won the league's rookie-of-the-year and offensive rookie-of-the-year honours.

Ehlers also had 28 points

(11-17) in 16 post-season games for the Mooseheads.

"I found myself becoming more of a fan when I watched him play," said Jets GM Kevin Cheveldayoff. "Any time he got the puck, you felt like something was going to hapnen.

"He's not the biggest guy when it comes to size, but he plays with such good hockey sense that he knows when to take an opportunity to go, and not really put himself in harm's way to try to make a play." THE CANADIAN PRESS

metre SPORTS metronews.ca Monday, June 30, 2014

# Nether say never in Fortaleza



The Netherlands' Arjen Robben leaps over a challenge in the second half of his team's dramatic 2-1 win over Mexico during the Round of 16 in of the World Cup on Sunday in Fortaleza, Brazil.

#### World Cup. Mexicans ousted by quick-striking Dutch and 'the whistle'

The Dutch were worried about the oppressive heat at Arena Castelao, and left it with the stifling hot conditions to thank for a spot in the World Cup quarter-finals.

An inspired tactical change during the second of two official heat stoppages led to a late goal from Netherlands forward Wesley Sneijder and an injuryime penalty from Klaas Jan Huntelaar in a dramatic 2-1 win over Mexico on Sunday.

"I moved to Plan B at the cooling break," said Netherlands coach Louis van Gaal. "That is a good way to take advantage of those breaks."

Despite scoring 10 goals in three group matches, the Dutch again started the match with a defensive 5-3-2 system. Van Gaal made the switch to a more attacking 4-3-3 formation.

#### Round of 16

2

lands Me

Mexico has now advanced to the second round at the World Cup six straight times and not reached the quarterfinals.

That helped turn the match around and extend Mexico's second-round curse to six straight World Cups.

"Unbelievable," said Arjen Robben, the Netherlands forward that earned the late penalty. "Five minutes from full time, we were out."

But the Mexicans wilted in the heat as they conceded twice as many goals in the final minutes of the match as they had in the entire group stage.

Mexico coach Miguel Her-

#### AUGMENTED REALITY

- → Scan the image with your Metro News app to view a gallery of Sunday's action in Brazil.
- → See the full instructions on Metro's Voices page.



rera, one of the most popular characters at the World Cup because of his emotive ways on the sidelines, blamed referee Pedro Proenca for the loss and accused Robben of diving under a challenge from Rafael Marquez to earn the penalty.

"Today it was the man with the whistle who eliminated us from the World Cup," Herrera said. "If a referee invents a penalty, you're out of the World Cup.

Cup.

"I hope they have a look at what happened and that this gentleman goes home just like we are." THE ASSOCIATED PRESS

## 'We will go on': Costa Rica continues to defy odds

Costa Rica beat Greece in a penalty shootout Sunday to reach the World Cup quarterfinals for the first time after defending desperately with 10 men for nearly an hour.

Michael Umana scored the decisive penalty as Costa Rica won the shootout 5-3 after the game ended 1-1.

Greece's Theofanis Gekas saw his penalty saved by Costa Rica goalkeeper Keylor Navas for the only miss in the shootout. Umana scored and straight away sprinted over to where Navas stood to hug him after Round of 16

1 (3)

Costa Rica Greece

the 'keeper kept Costa Rica's surprise run at the World Cup alive with a string of last-gasp stops through the 120 minutes.

Costa Rica will play the Netherlands in the quarter-finals on

Saturday in Salvador — a first appearance in the last eight for the Central Americans.

"To the entire people in Costa Rica, those at home and out on the streets, this is for you," Costa Rica's Colombian coach Jorge Luis Pinto said. "This is a people that love football and they deserve it... We will continue fighting. We will go on. We see beautiful things."

Costa Rica took the lead early in the second half at Arena Pernambuco through captain Bryan Ruiz's smooth finish but then had defender Oscar Duarte sent off in the 66th minute with a second yellow card for a tackle on Jose Holebas.

The red card changed the game and Greece poured forward for most of the remainder of the match.

The Greeks equalized and finally beat Navas in injury time of regulation time when defender Sokratis Papastathopoulos smashed in a rebound from another Navas save to make the team's numerical advantage eventually pay and temporarily keep it in the World Cup. THE ASSOCIATED PRESS



#### Tweet relief

#### World Cup breaks Super Bowl record

Nervous Brazilian fans took to Twitter as the final moments of a shootout against Chile broke an alltime record for online buzz during a live event.

Almost 389,000 tweets were generated the minute after Gonzalo Jara's penalty shot hit the right post and allowed Brazil to avoid an early exit. That broke the previous mark of about 382,000 set during this year's Super Bowl.

THE ASSOCIATED PRESS

#### Poli

#### White, rich getting best view in Brazil

A poll on the wealth and race of fans attending a World Cup match in Brazil shows what any TV viewer in the nation has seen — those attending games are overwhelmingly rich and white

That's particularly noticeable in a nation like Brazil, with more blacks than any other except Nigeria.

A Datafolha polling group survey published Sunday in the Folha de S. Paulo newspaper says that



at Saturday's Brazil versus Chile match, 67 per cent of attendees were white and 90 per cent came from Brazil's top economic classes. Similar trends have been observed at other Cup matches — though no polls were carried out.

THE ASSOCIATED PRES

#### Klumsy KLM

#### Dutch airline feels Mexican backlash

What was meant to be a joke has turned into a PR blunder for Dutch airline KLM after it angered Mexican with a Twitter celebration after the Netherlands' win in the

KLM posted under the heading "Adios Amigos!" Next to the word "Departures" is the image of a man with a moustache wearing a sombrero. Amid the widespread protest online, the post was pulled a half-hour later. THE ASSOCIATED PRESS

#### Ramadan

#### Algeria coach leaves fasting decision to players

Algeria's players are being left to decide whether or not they observe the Ramadan fast during Monday's World Cup game against Germany, with coach Vahid Halilhodzic saying it's not a divisive issue.

Observant Muslims avoid food and liquids from dawn to dusk during Ramadan but can skip it if travelling or doing hard physical labour. THE ASSOCIATED PRESS

# See today's answers at metronews.ca/answers. BY KELLY ANN BUCHANAN

#### T Aries

March 21 - April 20

Honesty is by far the best policy, so get ready to tell a loved one something you fear may turn them against you. According to the planets you'll be surprised to discover they don't really care — in the nicest possible way.

#### **Taurus** April 21 - May 21

You need to get serious about your money situation. For too long you've been content to take what you were given but as communications planet Mercury is about to move in your favour again ask for more.

#### II Gemini May 22 - June 21

Many things will change over the next few days — and mostly nice things. The planets are about to reward you for all the efforts you made but that is not an invitation to stop there.

#### **9** Cancer

June 22 - July 23

Close your ears to criticism and let your heart lead you. The more others tell you that you are on the wrong course, the more you should keep to the path you are on.

#### $\mathbf{\Omega}$ Leo

July 24 - Aug. 23

If you join forces with likeminded people over the next two days you'll accomplish something remarkable. It may not be possible for one person to change the world but many minds working together can.

#### **W** Virgo Aug. 24 - Sept. 23

The planets indicate people of authority will look on you favourably over the next few days, so keep doing what you are doing and make sure you do it with a smile.

#### **△** Libra Sept. 24 - Oct. 23

Cosmic activity in your fellow Air sign of Gemini will do wonders for your confidence over the next 48 hours and it won't be long before what you've been worrying about is in the dustbin of history.

#### M Scorpio Oct. 24 - Nov. 22

The more others try to intimidate you today the more you must stick to your guns. They are only criticizing you this much because they fear that your plans might succeed.

#### **プ Sagittarius** Nov. 23 - Dec. 21

There are times when it is sensible to let others take the lead and this is one of them. As of tomorrow, when Mercury moves in your favour again, you can seize the initiative and make things happen.

#### り Capricorn

Dec. 22 - Jan. 20

You need to get your everyday affairs in order but to do that you will need to be more ruthless. Anything that distracts you from your aims must be cut out of your life altogether. That includes people too.

#### Jan. 21 - Feb. 19

Be dynamic and make the most of whatever new opportunities come your way. Everything will work out for the best if you believe in yourself and that the Universe is on your side.

#### H Pisces

Feb. 20 - March 20

Over the next two days the planets will bring to a head issues you've been avoiding. Once you realize you can no longer run away you'll have to seek solutions. SALLY BROMPTON

#### Crossword: Canada Across and Down

14

17

39

43

62

66

#### Across

- 1. Engage in
- 5. Pouches
- 9. Particular pear
- 14. Reunion attendee
- 15. Firefighter
- 16. Red veggies
- 17. Type of tide 18. agreement
- 19. Classifieds cost:
- 2 wds. 20. Recently passed away lyricist played
- by Canadian actor Jake Epstein in Beautiful - The Carole King
- Musical: 2 wds. 23. Bus. day
- 24. \_\_ de cologne 25. Hosiery hue
- 26. DeeJay's exclamation: "It's
- 27. Sing without sing-
- ing [var. sp.]: 2 wds. 31. Skin opening
- 33. 'Meteor' suffixes
- 34. Treat of tiers: 2 wds.
- 39. TV kind 40. TTC = Toronto
- Commission 42. Fleur-de-\_\_ [var.
- sp.] 43. Ontario: Town in the County of
- Dufferin
- 45. Ms. Ward 46. Thailand, formerly
- 47. Helix hit: 2 wds. 50. 60-\_\_ bulb
- 52. Except... 55. King: French
- 56. Avril's fave mo.
- 57. It's on display
- especially on July 1st: 2 wds.
- 62. Cattiness 64. Press
- 65. Anastasia's dad's
- job 66. Tartan
- 67. Woodwind 68. Ms. Fitzgerald
- 69. Feel
- 71. "Disco Duck" singer Rick

70. Meddlesome [var.

18

40

#### Down

sp.]

- 1. Designer Vera
- 2. Helm position
- 3. Thickening gum
- 'Canada's Titanic' (Ocean liner which sank in the St. Law-

of Ireland aka

48

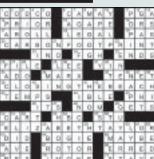
- rence in 1914) 5. 1980 miniseries
- Space Museum of Calgary
- 7. Artsy creation
- 8. Syllable-singing
- 9. Lift (Make okay again) 10. Mr. Beatty 11. "Angel Eyes" Can-

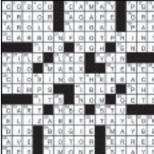
system

68

- 2 wds. 12. Comic actress
- Cheri
- adian singer/guitarist:
- 13. Exerciser's motto,

- or lose..." 21. "Whoopee!"
- 22. Where Charlottetown is,
- 26. Rainbow's shape
- 27. Abner, et al.
- 28. Rash reaction
- 29. Esplanade Riel,
- bridge in Winnipeg 30. Benny Goodman's
- instr. 32. Suppertime scrap
- 35. -Margret
- 36. Flanders river 37. Metric weight,
- briefly 38. Jacob's Bible twin
- 40. Acronym for time as yet unknown
- 41. Dance style
- 44. Illumed
- 45. \_\_ the issue (Avoided)
- 48. Scotland's
- Islands
- 49. Crime fighter 50. They look like
- skinny bees
- 51. Particular pie
- 53. Toronto's
- Station 54. 2013 Ryan Rey-
- nolds cartoon about a
- speedy snail in which he voiced the title
- character 57. Relinquish control
- 58. Murmurs
- 59. 1970 rock festival, of Wight
- 60. Valley
- 61. Times
- 63. Shakespearean
- contraction





TUESDAY

MIN: 7



day is the best part of " WFFKDAYS 6 AM

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

6	2	3	8	9	5	1	4	7
5	7	8	2	1	4	3	9	6
9	4	1	7	3	6	5	8	2
7	6	9	4	8	1	2	3	5
1	5	2	9	7	3	4	6	8
3	8	4	5	6	2	7	1	9
8	1	5	3	2	9	6	7	4
4	9	6	1	5	7	8	2	3
2	3	7	6	4	8	9	5	1

1		7			4		9	
				9	5			4
3				8		6		
		8					1	
		3	6		8	2		
	2					4		
		5		2				9
8			7	2				
	1		5			8		2

TODAY

MAX: 21°

MIN: 16°

MIN: 12

BT BREAKFAST TELEVISION JENNA KHAN WEATHER SPECIALIST



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Tuesday, **July 1** @ 9am - 11am

The Forks at the Canadian Museum for Human Rights (gather at Scotiabank stage) Wear your red and white! First 2,000 participants receive a FREE Canada Day T-shirt















